

| November 2018 | | | | | | |
|---------------------------------------|-----------------------------------|---|-----------------------------------|---|---|----------------------------|
| ◀ Oct 2018 | | | | | | Dec 2018 ▶ |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 MEET THE COACHES 7PM POOL | 12 | 13 | 14 | 15 | 16 FIRST DAY OF SEASON PAPER PRACTICE | 17 PRACTICE 7an-10am |
| 18 | 19 6-7AM POOL 3:15-6PM POOL | 20 6-7AM WEIGHTROOM 3:15-6PM POOL | 21 7-10AM PRACTICE | 22 THANKSGIVING DAY | 23 3:15-6PM POOL | 24 PRACTICE 7-10AM |
| 25 | 26 6-7AM POOL 3:15-6PM POOL | 27 6-7AM WEIGHTROOM 3:15-6PM POOL | 28 6-7AM POOL 3:15-6PM POOL | 29 6-7AM WEIGHTROOM 3:15-6PM POOL | 30 PICTURE DAY / EQUIPMENT HANDOUT 3:15-6pm POOL | |

December 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|--|---|--|--|
| | | | | | | 1 PRACTICE 7am-10am |
| 2 | 3 6-7AM POOL 3:15-6PM POOL | 4 6-7AM WEIGHTROOM 3:15-6PM POOL | 5 6-7AM POOL 3:15-6PM POOL | 6 6-7AM WEIGHTROOM 3:15-6PM POOL | 7 6-7AM POOL WILSON / CV @ CV 4:30pm Out of class 2:15pm Depart 2:30 pm Return 8:30pm | 8 PRACTICE 8am-11am |
| 9 | 10 6-7AM POOL 3:15-6PM POOL | 11 6-7AM WEIGHTROOM 3:15-6PM POOL | 12 6-7AM POOL 3:15-6PM POOL | 13 6-7AM WEIGHTROOM YORK SUBURBAN AWAY 6PM Out of class End of Day Depart 3:45pm Return 8:30pm | 14 6-7AM POOL 3:15-6PM POOL | 15 BUCKNELL INVITATIONAL 12 NOON Depart 7:30am Return 7:30pm |
| 16 | 17 6-7AM POOL 3:15-6PM POOL | 18 6-7AM WEIGHTROOM 3:15-6PM POOL | 19 6-7AM POOL 3:15-6PM POOL | 20 6-7AM WEIGHTROOM WEST YORK HOME 4:30PM Out of class 2:15pm | 21 6-7AM POOL 3:15-6PM POOL | 22 KEYSTONE CUP @ MILTON HERSHEY 10AM Depart 7am Return 4pm |
| 23 | 24 PRACTICE 7-10AM | 25 CHRISTMAS DAY | 26 PRACTICE 8-11AM | 27 DALLASTOWN INVITATIONAL | 28 PRACTICE 8-11AM | 29 PRACTICE 8-11AM |
| 30 | 31 | | | | | |

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|--|--|--|--|
| | | 1 NEW YEARS DAY | 2 6-7AM POOL 3:15-6PM POOL | 3 6-7AM WEIGHTROOM NORTHEASTERN AWAY 6PM Out of class end of day Depart 3:45pm Return 8:30pm | 4 6-7AM POOL 3:15-6PM POOL | 5 PRACTICE TBA SouthWestern Diving Invitational TBA |
| 6 | 7 6-7AM POOL 3:15-6PM POOL | 8 6-7AM WEIGHTROOM 3:15-6PM POOL | 9 6-7AM POOL 3:15-6PM POOL | 10 6-7AM WEIGHTROOM CENTRAL HOME 4:30PM Out of class 2:15 pm | 11 6-7AM POOL 3:15-6PM POOL | 12 WILSON RELAYS Away 10:30am Depart 7:30am Return 4:30pm |
| 13 | 14 6-7AM POOL 3:15-6PM POOL | 15 6-7AM WEIGHTROOM 3:15-6PM POOL | 16 6-7AM POOL 3:15-6PM POOL | 17 6-7AM WEIGHTROOM SOUTH WESTERN HOME 4:30PM Out of class 2:15pm | 18 6-7AM POOL 3:15-6PM POOL | 19 PRACTICE TBA |
| 20 | 21 6-7AM POOL 3:15-6PM POOL | 22 6-7AM WEIGHTROOM 3:15-6PM POOL | 23 6-7AM POOL 3:15-6PM POOL | 24 6-7AM WEIGHTROOM RED LION HOME 4:30PM SENIOR NIGHT Out of Class 2:15pm | 25 6-7AM POOL 3:15-6PM POOL | 26 SOUTH WESTERN RELAYS TBA |
| 27 | 28 6-7AM POOL 3:15-6PM POOL | 29 6-7AM WEIGHTROOM 3:15-6PM POOL | 30 6-7AM POOL SPRING GROVE AWAY 4:30PM Out of class 2pm Depart 2:30pm Return 8pm | 31 6-7AM WEIGHTROOM 3:15-6PM POOL | | |

| ◀ Jan 2019 | | February 2019 | | | | | Mar 2019 ▶ | |
|------------|--|--|--|--|--|--|------------|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | | |
| | | | | | 1 6-7AM POOL 3:15-6PM POOL | 2 PRACTICE 7-9AM | | |
| 3 | 4 6-7AM POOL 3:15-6PM POOL | 5 6-7AM WEIGHTROOM 3:35-6PM POOL | 6 6-7AM POOL 3:15-6PM POOL | 7 YAIAA DIVING CHAMPIONSHIPS TBA | 8 YAIAA SWIMMING CHAMPIONSHIPS TBA | 9 YAIAA SWIMMING CHAMPIONSHIPS TBA | | |
| 10 | 11 6-7AM POOL DISTRICT 3:15-5:30PM POOL | 12 6-7AM WEIGHTROOM DISTRICT 3:15-5:30PM POOL | 13 6-7AM POOL DISTRICT 3:15-5:30PM POOL | 14 6-7AM WEIGHTROOM DISTRICT 3:15-5:30PM POOL | 15 6-7AM POOL DISTRICT 3:15-5:30PM POOL | 16 DISTRICT PRACTICE 8-10AM | | |
| 17 | 18 DISTRICT 3:15-5:30PM POOL | 19 DISTRICT 3:15-5:30PM POOL | 20 DISTRICT 3:15-5:30PM POOL | 21 DISTRICT 3:15-5:30PM POOL | 22 DISTRICT 3:15-5:30PM POOL | 23 DISTRICT PRACTICE 8-10AM | | |
| 24 | 25 DISTRICT 3:15-5:30PM POOL | 26 DISTRICT 3:15-5:30PM POOL | 27 DISTRICT 3:15-5:30PM POOL | 28 DISTRICT 3:15-5:30PM POOL | | | | |

March 2019

| March 2019 | | | | | | |
|------------|---|---|--|--|--|---|
| ◀ Feb 2019 | | | | | | Apr 2019 ▶ |
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 DISTRICTS TBA | 2 DISTRICTS TBA |
| 3 | 4 STATES PRACTICE 3:15-4:30 | 5 STATES PRACTICE 3:15-4:30 | 6 STATES PRACTICE 3:15-4:30 | 7 STATES PRACTICE 3:15-4:30 | 8 STATES PRACTICE 3:15-4:30 | 9 STATES PRACTICE 7-8:30AM |
| 10 | 11 STATES PRACTICE 3:15-4:30 | 12 STATES PRACTICE 3:15-4:30 | 13 STATES TBA | 14 STATES TBA | 15 STATES TBA | 16 STATES TBA |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

More Calendars: [Apr 2019](#), [May 2019](#), [2019](#)

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